SECTION 6: Menu Planning and Meal Pattern Requirements

Adult Day Care Centers participating in CACFP must provide meals that meet meal pattern requirements.

- Healthy Meals and Nutrition Environment
- Family Style Meal Service
- Menu Planning Guidelines
- Five Meal Components
- Food Charts
- Menu Templates

Healthy Meals and Nutrition Environment

Adult daycare centers provide supervised care for enrolled adults outside their homes during the day. The Child and Adult Care Food Program (CACFP) plays a vital role in improving the quality of day care and making it more affordable for many low-income families.

The Dietary Guidelines for Americans (DGAs) are jointly issued and updated every five years by the United States Department of Agriculture and the Department of Health and Human Services. They are designed for policymakers and nutrition and health professionals. The aim of the DGAs is to promote health and prevent disease. The DGAs provide four overarching guidelines that encourage healthy eating patterns at each stage of life and recognize that individuals will need to make shifts in their food and beverage choices to achieve a healthy pattern.

The DGAs Key Recommendations call for Americans to 1) follow a healthy eating pattern at every stage of life; 2) customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations; 3) focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits; and 4) limit food and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages. The *Dietary Guidelines for Americans* is available at: https://www.dietaryguidelines.gov/.

The recommendations in the DGAs are transitioned into consumer messages through MyPlate. MyPlate serves as a template for balance, variety, and moderation. MyPlate is not a special diet for individuals with specific health conditions. Individuals with chronic health conditions should consult with a health care provider to determine what dietary pattern is appropriate for them. MyPlate resources and tools are available at https://www.choosemyplate.gov/.

Family Style Meal Service

Family style is a type of meal service that allows adults to serve themselves from common platters of food with assistance from supervising adults. Unlike cafeteria lines and pre-plated meals, the family-style method gives adults more control over their servings. Because adults are generally used to family-style eating, the day care participants may welcome this method and feel most comfortable when the center chooses to implement this style of service.

If chosen, this serving style option must be exercised in compliance with the following practices:

- Enough food must be placed on each table to provide the full required portions of each of the food components for all participants at the table and to accommodate adults supervising the meal service at the table if they eat with the participants.

- The full minimum portion required under the applicable meal pattern must be offered to each participant.

- When a participant does not initially take the full portion required by the applicable meal pattern, the supervising adult must actively encourage the participant to accept the full portion during the meal.

Menu Planning Guidelines

The Child and Adult Care Food Program (CACFP) Meal Pattern Requirements, the Crediting Handbook for the CACFP, and the United States Department of Agriculture (USDA) Food Buying Guide (FBG) for Child Nutrition Program ensure that adults participating in the CACFP are served foods that supply the nutrients they need.

Follow these guidelines when developing menus:

- Select a form to document your daily menus. The menu template is recommended; these forms list the meal components required for each meal and snack. A five and seven-day version is available at http://health.mo.gov/cacfp - Forms.
- Choose the type of menu format you will use; a three-to-four-week cycle menu format is recommended. A cycle menu is a set of menus that are repeated in the same order for a period of time, typically two, three, or four weeks. Cycle menus provide variety by offering different foods and/or different food combinations each day during the cycle.
- When there are substitutions from the planned menu, mark through the original menu item and enter the substitution. The original daily dated menu that notes substitutions must be kept with the monthly records and retained for three years plus the current year.
- Know the cooking abilities of the person(s) preparing the meals. Review the menu and recipes with the cook and provide training as necessary. Select or develop standardized recipes for menu items.
- Plan menu items based on the equipment available in the center's kitchen.
- Include all meal components in at least the minimum portion sizes required for reimbursement. It is usually easiest to start by planning the main dish or entrée.
- Plan menus that focus on the nutritional needs of adults. Be sure to include a good source of iron and Vitamins A and C.
    - Iron sources include asparagus, lima beans, sweet potatoes, squash, 100% vegetable juice, turkey, tuna, apricots, cherries, dried fruit, dried peas, eggs, meat, and green beans.
    - Vitamin A sources include apricots, cantaloupe, cherries, plums, egg yolk, asparagus, broccoli, carrots, kale, peas, and sweet potatoes.
    - Vitamin C sources include citrus fruit and juice, broccoli, asparagus, Brussels sprouts, cauliflower, snow pears, peppers (green and red), cantaloupe, honeydew melon, mango, papaya, kiwi, and strawberries.
- Limit high-fat and sodium meats to no more than one time per week. This includes but is not limited to hot dogs, sausage, lunchmeat, and processed meats.
- Grain-based desserts do not count toward the grain requirement with the exception of sweet crackers, which includes graham crackers of all shapes and animal crackers.
- Specify the type of fruit, juice, or vegetables on your menus to ensure a variety of food is served and to document the nutritional value of the meal.
- Specify the type of cereal and yogurt to ensure sugar requirements are met. Maintain documentation with the CACFP records.
- Make sure the meals look and taste good. Introduce new foods along with familiar foods.
- Include foods that are different shapes: round, square, rectangular, and different colors: yellow, orange, red, and green.
- Combine foods that have different textures: soft, crunchy, crisp, creamy, and smooth, and different tastes: sweet, sour, tart, salty, spicy, and mild.
- Consider the different ethnic and cultural food habits and preferences of the participants.

- Fat-free or low-fat milk is required at each meal for participants, which may be flavored or unflavored. Document the type of milk served on the menu. This includes listing the fat content (whole, low-fat/1%, fat-free/skim) and if the milk is flavored. Six ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.
- Use fats and oils sparingly in food preparation and limit the use of salt and high-sodium foods.

Standardized Recipes: A standardized recipe is one that has been tried several times using the same method and equipment. A standardized recipe produces consistency in product quality and yields the same number of servings every time it is used if the same procedures, equipment, and ingredients are used. Because standardized recipes specify exact amounts of ingredients, it is easier to manage the cost and storage of foods. A link to the USDA Standardized Recipes is available on the CACFP website at http://health.mo.gov/cacfp.

The USDA FBG for Child Nutrition Programs is available as an interactive web-based tool, as a mobile app, and as a downloadable PDF. USDA resources help you determine the right amount of food and the appropriate type of food to purchase for your program. These resources aid in determining the specific meal contribution each food makes towards the meal pattern requirements, as well as providing information on recipe analysis. **The FBG, Web-based Interactive FBG, The FBG Mobile App, and The FBG Calculator** are available online at: https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs. The **Crediting Handbook for CACFP** is a companion guide to the FBG that contains additional information on creditable foods served in adult day care centers. Links to both resources are also available on the CACFP website at http://health.mo.gov/cacfp.

Serving Adult Participants in the USDA Child and Adult Care Food Program

Child and Adult Care Food Program (CACFP) sites serve adult participants who are 18 years or older living with a disability, as well as those who are 60 or older. Not all adults have the same nutrition needs. Health and social changes and lower amounts of physical activity may affect the dietary needs of older adults. The CACFP meal pattern for adults provides flexibilities to allow you to plan meals that best meet the needs of adults in your care. This approach relies on good communication between you, the program operator, and the adult participant (and/or their caregiver).

The information below shows the requirements for meals and snacks in the CACFP.

CACFP Meal Pattern Requirements for Adult Participants*

Breakfast

Milk (8 fl oz, 1 cup)
Vegetables, Fruits, or Both (½ cup)
Grains (2 oz eq)

Lunch/Supper

Milk (8 fl oz, 1 cup)
Vegetables (½ cup)
Fruits (½ cup)
Grains (2 oz eq)
Meats/Meat Alternates (2 oz eq)

Snack

Pick any 2:
Milk (8 fl oz, 1 cup)
Vegetables (½ cup)
Fruits (½ cup)
Grains (1 oz eq)
Meats/Meat Alternates (1 oz eq)

fl oz = fluid ounce oz eq = ounce equivalents
Ounce equivalents are a way to measure amounts of food.

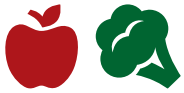
During the COVID-19 public health emergency, some State agencies may have opted into School Year 2021-2022 meal pattern waivers. Additional information on these waivers is available at:* ***fns.usda.gov/disaster/pandemic/cn-2021-22-waivers-and-flexibilities*.

More training, menu planning, and nutrition education materials for the CACFP can be found at **TeamNutrition.USDA.gov**.

FNS-898 • August 2021

Meal Components: A Closer Look

In addition to serving the meal components and amounts listed on page 1, reimbursable meals and snacks must meet the following requirements:



Fruits/Vegetables

- 100 percent fruit or vegetable juice may not be served more than once per day.

Grains

- Grains served for at least one meal or snack each day must be whole grain-rich.
- All grains served in the CACFP must be whole grain-rich, enriched, or fortified.
- Grain-based desserts may not be served as part of a reimbursable meal or snack.
- Cereals must contain no more than 6 grams of sugar per dry ounce.

Milk

The following types of cow's milk may be served as part of a reimbursable meal or snack to adult participants. Fat-free versions of these milks may be unflavored or flavored.

- low-fat or fat-free milk
- low-fat or fat-free lactose-reduced milk
- low-fat or fat-free lactose-free milk
- low-fat or fat-free buttermilk
- low-fat or fat-free acidified milk
- ultra-high temperature (UHT) milk

Note: Some calcium-fortified non-dairy beverages (e.g., soymilks) that are nutritionally equivalent to cow's milk may be served without a medical statement. Goat's milk that meets your State's standards for fluid milk may be served if your State allows it. Contact your State agency or sponsoring organization for more information.

Meal Pattern Flexibilities for Adult Participants

You may use these meal pattern flexibilities to meet the needs and preferences of your adult participants. Flexibilities are optional, not required.

Breakfast

At breakfast, 2 oz eq of meats/meat alternates may be served in place of 2 oz eq of grains **up to 3 times per week**.

Lunch/Supper

At lunch and supper, a ½ cup of a second, different vegetable may be served in place of fruit.

At Supper Only

At supper, fluid milk is optional. Water is a great choice if milk is not served.

Six oz or ¾ cup of yogurt may be served in place of an 8-fl oz serving of milk once per day. Yogurt must not be served as a meat alternate in the same meal. Yogurt must contain no more than 23 grams of sugar per 6 oz.

Meal Service Options

The type of meal service you choose may depend on your participants' abilities. Some program operators choose to serve pre-plated meals so adult participants do not need to walk through a cafeteria-style tray line. Other program operators use Offer Versus Serve (OVS) meal service because it allows participants to decline some of the meal components offered in a reimbursable breakfast, lunch, or supper. OVS is optional in the CACFP. This type of meal service may help reduce food waste and give adult participants more food choices.

For more information on how to use Offer Versus Serve, check out Team Nutrition's "Offer Versus Serve in the Child and Adult Care Food Program" training worksheet, recorded webinar, and training slides at **TeamNutrition.USDA gov**.

Make Every Bite Count

Foods from all meal components are important for overall good health. However, the *2020-2025 Dietary Guidelines for Americans* note several nutritional areas of concern for older adults.

A Note About Vitamin B-12

Vitamin B-12 can be a nutrient of concern for some older adults. Protein foods and fortified breakfast cereals are a good source of this vitamin.

Protein

Older adults, particularly those over 70 years, are less likely to eat enough protein foods. Foods in the CACFP meal pattern that are high in protein are meats, meat alternates, and milk.

To meet the protein needs of adult participants:

- Offer meats/meat alternates in place of grains at breakfast up to 3 times per week. Choose options that are lower in sodium and saturated fat.
- Offer meats/meat alternates at snack, such as tuna fish and crackers, yogurt and fruit, or cottage cheese and sliced vegetables.
- Serve fat-free (skim) or low-fat (1%) milk or a creditable milk substitute (e.g., soymilk) at meals. Milk is an important source of protein, calcium, and vitamin D.
- Plan menus with beans, peas, and lentils as either the meat alternate or as the vegetable component of the meal. Beans, peas, and lentils provide protein as well as fiber.
- Consider adding seafood to the menu. Many types of fish provide vitamin D, vitamin B-12, and healthy fats. Fish can also be easy to chew.

You can find standardized recipes that meet adult meal pattern requirements at **theicn.org/cnrb/recipes-cacfp-adult-portions**.

Water

It is important that older adults drink enough water during the day to stay hydrated. Drinking water can also help with digestion and the absorption of nutrients from foods. Since the sense of thirst can decline with age, it can be helpful to:

- Place closed pitchers of water and cups where adult participants can easily find them.
- Put cups beside a sink, water fountain, or other source of drinking water. Or, pour and offer cups of water to adult participants throughout the day.
- Serve water at meals and snacks when milk is not served.

Certain foods, such as fruits and vegetables, are also high in water and can help with hydration.

Note: When self-serve water stations are not recommended, such as during a public health emergency or pandemic, try offering cups of water to adult participants regularly throughout the day. Always follow local health department health and safety guidelines.

Meal Modifications

CACFP sites must make reasonable modifications for disabilities. These **modifications** may pertain to the meal or to the meal service. For example, you may need to offer a different food or serve the food in a different way. Even if a participant takes medication or uses an assistive device, the CACFP site must make modifications for the disability.

A disability includes any physical or mental impairment that limits one or more major life activities, such as food allergies, diabetes, or swallowing difficulties.

In many cases, you can modify meals to meet a participant's needs within the meal pattern requirements. For example, if a participant cannot eat grapefruit, you may serve a different fruit instead. In this case, a medical statement is not required.

In some cases, you may not be able to modify meals to meet a participant's needs within the meal pattern requirements. One example might be if a participant cannot eat any fruit. For this modified meal to be reimbursable, you must keep a signed medical statement in a secure location at your CACFP site.

The medical statement for modifications due to food allergies must include:

- The food(s) to be avoided and what to serve instead, and
- A brief explanation of how exposure to the food affects the participant.

The medical statement for a disability that does not include food allergies must state:

- The existence of a mental or physical disability,
- How the disability impacts the participant, and
- The modification needed.

For more information on accommodating disabilities, see Policy Memorandum CACFP 14-2017, SFSP 10-2017 "Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program" at **fns.usda.gov/cn/modifications-accommodate-disabilities-cacfp-and-sfsp**.

Modifications for Non-Disability Reasons

Whenever possible, CACFP sites are encouraged to accommodate requests for religious or cultural practices, dietary preferences, or other conditions that are not considered a disability. This can help ensure adult participants get the nutrition they need.

Talk With Participants

Talk with adult participants or their caregiver about any modifications they may need for meals or snacks. Use this information to help with menu planning.

Five Meal Components – Adults

Milk

Unflavored/flavored skim or 1% milk must be served to adult participants. Yogurt may be served in place of milk for adults once per day when yogurt is not served as a meat/meat alternate in the same meal. A serving of milk is optional at the supper meal for an adult participant.

Specifics:

- Must be pasteurized fluid milk.
- Is a required component at breakfast and lunch; optional at supper.
- Milk may be served as a beverage, on cereal, or used for some of both at breakfast and snack.
- Milk used in cooking is not creditable.
- Milk may not be served for snack when juice is served as the second component.
- 6 ounces (3/4 cup) of yogurt may be used to meet the equivalent 8 ounces of fluid milk once per day when not served as a meat/meat alternate in the same meal.

Meat/Meat Alternate (m/ma)

Includes lean meat, poultry, fish, cheese, egg, cooked beans, peas and lentils, nuts and seeds and their butters, tofu, alternate protein products, and yogurt - creditable at lunch, supper, and snack. An m/ma may replace the grain component at breakfast a maximum of 3 times per week.

Specifics:

- Required at lunch and supper – must be served as the main dish or in a main dish and one other menu item.
- Nuts and seeds and their butters may be used to meet full m/ma requirements at all meals and snacks
- Tofu, yogurt, and soy yogurts (that meet the sugar limit of 23 grams per 6 ounces, maintain documentation) may be used to meet the m/ma alternate component.
- Yogurt credits as 4 ounces = 1 ounce equivalent m/ma.
- For a food to contribute to the M/MA component, it must contain a minimum of 0.25 oz. eq. of a M/MA.
- A combination of food served as a main dish may be credited as the m/ma plus up to 2 other meal components (3 total), provided each component meets the minimum meal pattern requirement.
- Limit serving processed meats (lunch meat, cold cuts, hot dogs, and sausage products) to no more than one serving per week is recommended.
- Commercially processed food must have processed food documentation (CN label, product formulation statement) to be creditable.
- May be served in place of the entire grain component at breakfast a maximum of 3 times per week. One ounce equivalent of m/ma equivalent can be substituted for 1 equivalent ounce of grain (exception - see above regarding yogurt serving size to credit as 1 ounce equivalent of m/ma).

Vegetable

Includes fresh, frozen, or canned vegetables and full-strength vegetable juice.

Specifics:

- Cooked beans, peas, and lentils may credit as either a vegetable or as a meat alternate, but not as both in the same meal. Immature beans and peas, such as green peas, green beans and wax beans **cannot** credit as a meat alternate, only as a vegetable.
- One cup of raw leafy greens counts as ½ cup of vegetables.
- One serving of either a fruit OR a vegetable or both is required at breakfast.
- A vegetable may be used to meet the entire fruit requirement at lunch/supper.
- When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
- Pasteurized full-strength 100% juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

Fruit

Includes fresh, frozen, dried, canned fruit and full-strength fruit juice.

Specifics:

- Fruits may be served fresh, frozen, canned, dried, or as 100% pasteurized fruit juice.
- One serving of either a fruit OR a vegetable or both is required at breakfast.
- ¼ cup of dried fruit counts as ½ cup of fruit.
- Pasteurized full-strength 100% juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- Juice may not be served at snack when milk is served as a component.
- Combinations such as fruit cocktail may be credited to meet one of the two required components at lunch or supper.
- One serving of fruit can be replaced with a vegetable at lunch/supper.

Grains

Includes whole grain-rich or enriched bread, bread products; or whole grain-rich, enriched or fortified cereal grain, cooked pasta or noodle products, or breakfast cereal; or any combination of these foods.

Specifics:

- Required at breakfast, lunch, and supper.
- At least 1 grain per day must be whole grain (WG) rich (documentation must be maintained in file). (Whole grain-rich foods are those in which the grain content is between 50 and 100 percent whole grain with any remaining grains being enriched or are 100% whole grain.)
- Ready-to-eat cereal may be served at breakfast and snack only and must contain no more than 6 grams of sugar per dry ounce (documentation must be maintained on file).
- Grain-based desserts do not count toward the grain requirement, with the exception of sweet crackers, which includes graham crackers of all shapes and animal crackers.
- A meat/meat alternate may be used to meet the entire grain component at breakfast a maximum of three times per week.

Serving Milk in the CACFP

Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.

Newborn through 11 months old

- ✓Breastmilk
- ✓Iron-fortified formula

Breastmilk is allowed at any age in the CACFP.

12 months through 23 months
(1 year through 1 year and 11 months)

- ✓Unflavored whole milk

Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.

2 years through 5 years
(up to 6th birthday)

- ✓Unflavored fat-free (skim) milk
- ✓Unflavored low-fat (1%) milk

Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.

6 through 12 years, 13 through 18 years, and adults

- ✓Unflavored fat-free (skim) milk
- ✓Flavored fat-free (skim) milk
- ✓Unflavored low-fat (1%) milk
- ✓Flavored low-fat (1%) milk

Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.

For Adult Participants:

Yogurt may be served in place of milk once per day.

A serving of milk is optional at supper.

The Facts on Flavored Milk:

Flavored milk cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Homemade flavored milk made by adding flavored straws, syrups, and powders to unflavored milk also cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Flavored milk served to children 6 years old and older and to adults must be fat-free (skim) or low-fat (1%).

More training, menu planning, and nutrition education materials for the CACFP can be found at https://teamnutrition.usda.gov.

Try It Out!
Milk Matters!

Use the information on this worksheet to answer the questions below.

1. Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

   Maya's Age:
   Type(s) of Milk:

   Darrick's Age:
   Type(s) of Milk:

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

   Olivia's Age:
   Types of Milk:

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?

Answer Key:

1. **Maya's age:** 1 year. **Type(s) of Milk:** Because Maya is 1 year old, she may be served unflavored whole milk in the CACFP. If she is younger than 1 year and 1 month (13 months), she may also be served iron-fortified formula. There is a 1-month transition period to help children adjust to whole milk between the ages of 12 months and 13 months.

   Darrick's age: 2 years. **Type(s) of Milk:** Because Darrick is 2 years old, he may be served unflavored fat-free (skim) milk or unflavored low-fat (1%) milk. If he is younger than 2 years 1 month (25 months), he may also be served unflavored whole milk, and unflavored reduced-fat (2%) milk. There is a 1-month transition period when the child turns 2 to help him or her adjust from whole milk to fat-free (skim) or low-fat (1%) milk.

2. **Olivia's Age:** 5 ½ years. **Type(s) of milk:** Because Olivia falls into the 2- through 5-year-old age group, she can be served unflavored fat-free (skim) milk and unflavored low-fat (1%) milk.

3. No, you are not allowed to serve yogurt instead of milk at breakfast AND at lunch. You are only allowed to serve yogurt instead of milk at one meal per day to adult participants. If you are serving yogurt as a meat alternate, you may not serve yogurt in place of milk at the same meal.

Choose Yogurts That Are Lower in Sugar

All yogurts served in the Child and Adult Care Food Program (CACFP) must not have more than **23 grams of sugar** per 6 ounces.

There are many types of yogurt that meet this sugar limit. It is easy to find them by using the Nutrition Facts label and following the steps below.

1 Use the Nutrition Facts label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

2 Find the **Total Sugars** line. Look at the number of grams (g) next to Total Sugars.

3 Use the serving size identified in Step 1 to find the serving size of the yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Total Sugars Grams (g)
If the serving size is:	If the serving size is:	Total sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

4 In the table, look at the number to the right of the serving size amount, under the "Total Sugars" column.
If the yogurt has that amount of sugar, or less, the yogurt meets the sugar limit.

Nutrition Facts

4 servings per container
Serving size 8 oz (227g)

Amount per serving
Calories **130**

	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 160mg	**7%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 4g	**17%**
Total Sugars 9g	
Includes 0g Added Sugars	**0%**
Protein 10g	
Vitamin D 2mcg	10%
Calcium 257mg	20%
Iron 0mg	0%
Potassium 344mg	8%

TIP: If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

Test Yourself:

Does the yogurt above meet the sugar limit?
(Check your answer on the next page)

Serving Size:_____

Total Sugars:_____

☐ Yes ☐ No

**Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP.*

More training, menu planning, and nutrition education materials for the CACFP can be found at https://teamnutrition.usda.gov.

Try It Out!

Use the "Sugar Limits in Yogurt" table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the "Yogurts To Serve in the CACFP" list. You can use this as a shopping list when buying yogurts to serve in your program.

Sugar Limits in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Total Sugars Grams (g)	Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Total Sugars Grams (g)
If the serving size is:	If the serving size is:	Total sugars must not be more than:	If the serving size is:	If the serving size is:	Total sugars must not be more than:
1 oz	28 g	4 g	4.75 oz	135 g	18 g
1.25 oz	35 g	5 g	5 oz	142 g	19 g
1.5 oz	43 g	6 g	5.25 oz	149 g	20 g
1.75 oz	50 g	7 g	5.3 oz	150 g	20 g
2 oz	57 g	8 g	5.5 oz	156 g	21 g
2.25 oz	64 g	9 g	5.75 oz	163 g	22 g
2.5 oz	71 g	10 g	6 oz	170 g	23 g
2.75 oz	78 g	11 g	6.25 oz	177 g	24 g
3 oz	85 g	11 g	6.5 oz	184 g	25 g
3.25 oz	92 g	12 g	6.75 oz	191 g	26 g
3.5 oz	99 g	13 g	7 oz	198 g	27 g
3.75 oz	106 g	14 g	7.25 oz	206 g	28 g
4 oz	113 g	15 g	7.5 oz	213 g	29 g
4.25 oz	120 g	16 g	7.75 oz	220 g	30 g
4.5 oz	128 g	17 g	8 oz	227 g	31 g

Yogurts To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Total Sugars (g):
Yummy Yogurt	*Vanilla*	*6 oz*	*13*

*The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of total sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

Answer to "Test Yourself" activity on page 1: *This yogurt has 9 grams of total sugars per 8 ounces (227 grams). The maximum amount of total sugars allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt meets the sugar limit.*

Identifying Whole Grain-Rich

The USDA CACFP requires that at least one serving of grains each day contains a whole grain-rich component. Foods that meet the whole grain-rich criteria are foods that contain at least 50% whole grains and the remaining grains in the food are enriched, or are 100% whole grain.

Here are a few ways to help identify if a product is whole grain-rich. As long as the product meets **AT LEAST ONE OF THESE SIX METHODS,** described below, it is considered whole grain-rich.

#1 FOOD IS LABELED WHOLE WHEAT & MEETS FDA'S STANDARD OF IDENTITY

WGR[1]

Certain bread and pasta products specifically labeled "Whole Wheat" on the package and which conform to an FDA Standard of Identity can be considered whole grain-rich.

An **FDA STANDARD OF IDENTITY** is a set of rules for what a certain product must contain or may contain to legally be labeled with that product name.

ONLY breads and pastas with these exact product names conform to FDA's Standard of Identity and can be considered whole grain-rich using this method:

BREADS

- whole wheat bread
- entire wheat bread
- graham bread
- whole wheat rolls
- entire wheat rolls
- graham rolls
- whole wheat buns
- entire wheat buns
- graham buns

PASTAS

- whole wheat macaroni
- whole wheat spaghetti
- whole wheat vermicelli
- whole wheat macaroni product

NOTE: *Manufacturers may label their food with similar terms to FDA's Standard of Identity. Watch for terms such as, "whole grain," "made with whole grain," "made with whole wheat," or "contains whole grains." These terms do not indicate an FDA Standard of Identity for whole wheat products.*

#2 FOOD IS FOUND ON ANY STATE AGENCY'S WIC–APPROVED WHOLE GRAIN FOOD LIST

WIC
Women • Infants • Children

The product is found on **ANY** State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)–approved whole grain food list. Any grain product found on a State agency's WIC–approved whole grain food list meets CACFP whole grain-rich criteria.

NOTE: *Complete product guides identifying all WIC creditable food products can be found on State agency websites.*

WGR[2]

Sample WIC Shopping Guide

NATIONAL CACFP SPONSORS ASSOCIATION

Identifying Whole Grain-Rich

#3 FDA STATEMENT

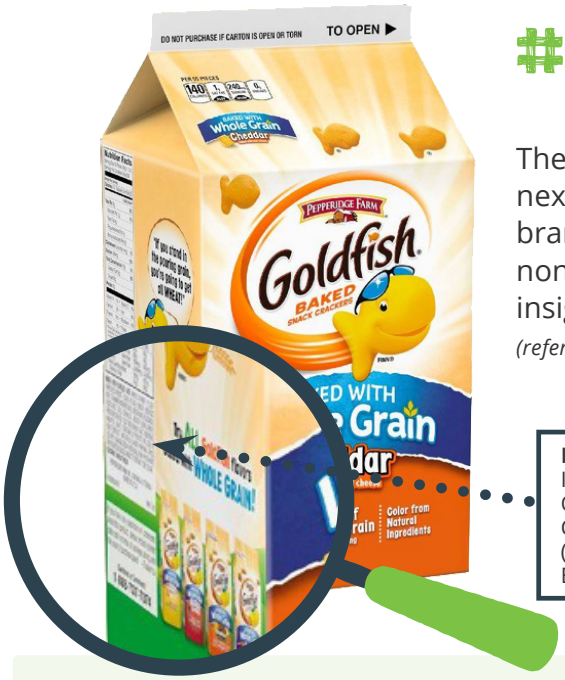
WGR[3] FDA

One of the following FDA statements is included on the labeling:

"Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."

"Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."

FNS is allowing the FDA whole grain health claims to be sufficient documentation to demonstrate compliance with the whole grain-rich criteria in the CACFP, **ONLY**.



#4 RULE OF THREE

The first ingredient (second if after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ. Any grain derivatives may be disregarded. Any non-creditable grain ingredients that are labeled 2% or less are considered insignificant and may also be disregarded.

(reference NCA's Identifying Grain Ingredients for list of creditable grains)

#1 Whole Grain **2nd Grain Ingredient**

INGREDIENTS: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola And/Or Sunflower), Cheddar Cheese ([Cultured Milk, Salt, Enzymes], Annatto), Salt, Contains 2 Percent Or Less Of: Yeast Extract, Natural Flavor, Paprika, Spices (Celery), Baking Soda, Monocalcium Phosphate, Dehydrated Onions, Annatto Extract For Color. **CONTAINS: WHEAT, MILK**

There is no 3rd grain ingredient.

WGR[4]

DISREGARDED INGREDIENTS

Disregarded ingredients may be ignored, as these ingredients are not included in the rule of three. Grains that can be disregarded are either:

1. Any grain derivatives, such as wheat gluten, wheat starch, wheat dextrin, corn starch, corn dextrin, rice starch, tapioca starch, or modified food starch.

2. Any grain ingredients that are listed as "less than 2%..." of the product weight.

#1 Whole Grain **Grain Derivative**

INGREDIENTS Whole Wheat Flour, Filtered Water, Vital Wheat Gluten, Brown Sugar. Contains 2% Or Less Of The Following: Wheat Fiber, Cultured Wheat Starch, Vinegar, Inulin, Yeast, Oat Fiber, Soybean Oil, Salt, Soy Lecithin, Barley Malt Powder, Enzyme Blend (Wheat Flour, Dextrose, Natural Enzymes), Ascorbic Acid.

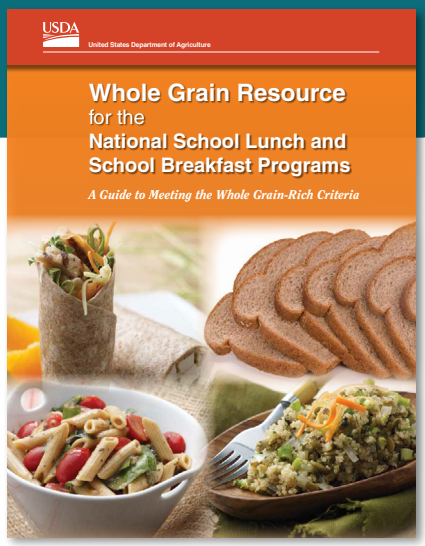
Listed after "Less than 2%..." statement

Identifying Whole Grain-Rich

#5 FOOD MEETS THE WHOLE GRAIN-RICH CRITERIA UNDER THE NSLP

WGR5

Use of the National School Lunch Program whole grain-rich criteria may ease menu planning and purchasing for at-risk afterschool or CACFP child care programs. The NSLP whole grain-rich criteria apply for all grain products with the exception of grain-based desserts, which are not creditable under CACFP.



Available to download at cacfp.org and the USDA FNS website.

#6 MANUFACTURER DOCUMENTATION OR STANDARDIZED RECIPE

WGR6

Proper documentation from a manufacturer or a standardized recipe can also demonstrate that whole grains are the primary grain ingredient by weight.

This guide is meant to be used to identify CACFP Creditable **WHOLE GRAIN-RICH** products.

What about cereal?

WGRC

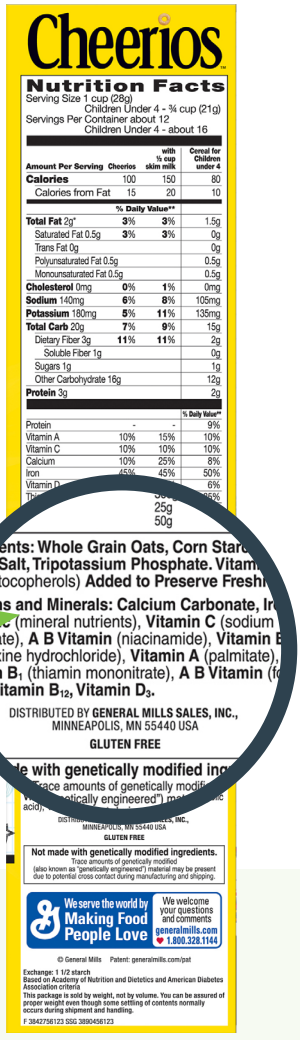
If a ready-to-eat breakfast cereal has a whole grain as the first ingredient (or second after water), and it is fortified, it also meets the whole grain-rich criteria.

#1 Whole Grain

INGREDIENTS: Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (Mixed Tocopherols) Added to Preserve Freshness.

VITAMINS AND MINERALS: Calcium Carbonate, Iron and Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), a B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin A (Palmitate), Vitamin B1 (Thiamin Mononitrate), a B Vitamin (Folic Acid), Vitamin B12, Vitamin D3.

Fortified



Don't forget...

Not only does a ready-to-eat breakfast cereal have to meet the above criteria but it also has to meet the sugar limits in order to be creditable in the first place.

GRAINS 101

BRAN is the seed husk or outer coating of cereal grains such as wheat, rye, and oats. The bran can be mechanically removed from the flour or meal by sifting or bolting.

CREDITABLE GRAINS represents all of the grain ingredients in a product that are creditable towards the grains component; they include whole grains or enriched meal and/or flour.

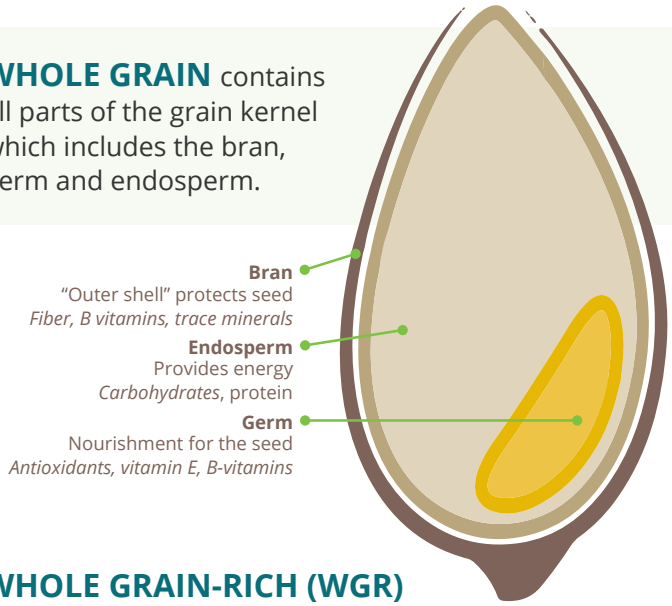
ENRICHED means that the product conforms to the U.S. Food and Drug Administration's, (FDA) Standard of Identity for levels of iron, thiamin, riboflavin, niacin, and folic acid. The terms "enriched," "fortified," or similar terms indicate the addition of one or more vitamins or minerals or protein to a food, unless an applicable Federal regulation requires the use of specific words or statements.

FLOUR is the product derived by finely grinding and bolting (sifting) wheat or other grains. Flour may be made from all grains (wheat, rye, corn, etc.).

GERM is the vitamin-rich embryo of the grain kernel. The germ can be separated before milling for use as a cereal or food supplement.

PRIMARY GRAIN INGREDIENT is the first grain ingredient listed in the ingredient statement.

WHOLE GRAIN contains all parts of the grain kernel which includes the bran, germ and endosperm.



WHOLE GRAIN-RICH (WGR) is the term designated by USDA Food and Nutrition Service (FNS) to indicate that the grain components in a product are at least 50 percent whole grain, with the remaining grains being enriched. This term only refers to FNS criteria for meeting the grain requirements for CACFP.

Identifying Whole Grain-Rich

Identifying Grain Ingredients

WHOLE GRAINS

CORN
Whole Corn
Whole Grain Corn
Whole Grain Corn Flour

OATS
Instant Oatmeal
Oat Groats
Old Fashion Oats
Quick Cooking Oats
Steel Cut Oats
Whole Grain Oat Flour

RICE
Brown Rice
Sprouted Brown Rice
Wild Rice

RYE
Rye Groats
Sprouted Whole Rye
Whole Rye Flour

WHEAT
Bulgur
Cracked Wheat
Graham Flour
Sprouted Whole Wheat
Wheat Berries
Wheat Groats
Whole Durum Flour
Whole Grain Wheat Flakes
Whole Wheat Flour

OTHER WHOLE GRAINS
Amaranth
Amaranth Flour
Buckwheat
Buckwheat Flour
Buckwheat Groats
Millet
Millet Flour
Quinoa
Sorghum
Sorghum Flour
Spelt Berries
Sprouted Buckwheat
Sprouted Einkorn
Sprouted Spelt
Teff
Teff Flour
Triticale
Triticale Flour
Whole Einkorn Berries
Whole Grain Einkorn Flour
Whole Grain Spelt Flour

CREDITABLE GRAINS

- Any Whole Grain Above
- Enriched Grains
- Bran or Germ
  Creditable in CACFP, SFSP & afterschool snacks only.

These ingredients are not whole nor enriched and cannot be one of the first 3 ingredients when identifying whole grain-rich products.

NON-CREDITABLE GRAINS
Barley Malt
Corn
Corn Fiber
Degerminated Corn Meal
Farina
Oat Fiber
Semolina
Yellow Corn Meal

NON-CREDITABLE FLOURS
not enriched
Any Bean Flour
Any Nut Flour
Bromated Flour
Durum Flour
Malted Barley Flour
Potato Flour
Rice Flour
Wheat Flour
White Flour
Yellow Corn Flour

DISREGARDED INGREDIENTS

Disregarded ingredients may be ignored, as these ingredients are not included in the rule of three. Grains that can be disregarded are either:

1. Any grain ingredients that are listed as "less than 2%..." of the product weight.

2. Any grain derivatives, such as wheat gluten, wheat starch, wheat dextrin, corn starch, corn dextrin, rice starch, tapioca starch, or modified food starch.

Please note that this list is not meant to be exhaustive, and there may be other items that qualify, or are not creditable, that are not listed above. Check with your sponsor and/or state agency.

Identifying Whole Grain-Rich In the Aisles

FOOD IS LABELED AS "WHOLE WHEAT" AND MEETS FDA STANDARD OF IDENTITY

DOES NOT MEET **WGR[1]**
Not labeled "Whole Wheat."

*

RULE OF THREE

The first ingredient (second after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ.

Ingredients: White Quinoa,[1] Red Quinoa,[2] Black Quinoa [3]

Ingredients: Whole Wheat Flour,[1] Enriched Bleached Flour [2](Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Brown Sugar, Sugar, Dried Molasses, Salt, Wheat Germ,[3] Hydroxylated Soy Lecithin, Soy Flour.

Ingredients: Whole Grain Wheat Flour,[1] Canola Oil, Sugar, Corn Starch [2*] Malt Syrup (From Corn And Barley), Salt, Refiner's Syrup, Leavening (Calcium Phosphate And Baking Soda). Bht Added To Packaging Material To Preserve Freshness.

2* considered disregarded

Ingredients: Organic Whole Wheat Flour,[1] Organic Wheat Flour,[2] Organic Vegetable Oil (Organic Expeller Pressed Sunflower Oil and Organic Expeller Pressed Palm Fruit Oil), Organic Whole Flax Flour, Organic honey, Organic Whole Oat flour, Organic Sesame Seeds, Organic Evaporated Cane Syrup...

DOES NOT MEET **WGR[4]**
2nd grain is not whole or enriched.

*

CEREAL

1st grain ingredient must be whole grain and cereal is fortified with Vitamins & Minerals.

Ingredients: Whole Grain Wheat, Sugar, Contains 2% or Less of Brown Rice Syrup, Gelatin, BHT for Freshness.

Vitamins and Minerals: Reduced Iron, Niacinamide, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Zinc Oxide, Folic Acid, Vitamin B12.

Ingredients: Whole Grain Wheat, Corn, Sugar, Whole Grain Rolled Oats, Brown Sugar, Rice, Canola Oil, Wheat Flour, Malted Barley Flour, Corn Syrup, Salt, Whey (from Milk), Malted Corn and Barley Syrup, Honey, Caramel Color, Natural and Artificial Flavor, Annatto Extract (Color), BHT Added to Packaging Material to Preserve Product Freshness.

Vitamins and Minerals: Reduced Iron, Niacinamide, Vitamin B6, Vitamin A Palmitate, Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Zinc Oxide (Source of Zinc), Folic Acid, Vitamin B12, Vitamin D3.

Ingredients: Whole Grain Corn, Corn Meal, Sugar, Canola Oil, Salt, Brown Sugar Syrup, Tricalcium Phosphate, Vegetable and Fruit Juice Color, Baking Soda, Citric Acid, Natural Flavor. Vitamin E (Mixed Tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), a B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamin Mononitrate), Vitamin A (Palmitate), Vitamin B2 (Riboflavin), a B Vitamin (Folic Acid), Vitamin B12, Vitamin D3.

Ingredients: Whole Grain Oats*, Cane Sugar*, Sunflower Oil*, Rice*, Whole Grain Quinoa*, Whole Grain Spelt*, Kamut Brand Khorasan Wheat*, Molasses*, Sea Salt, Cinnamon*, Natural Flavor*. Vitamin E (Mixed Tocopherols) Added to Preserve Freshness.*Organic.

DOES NOT MEET **WGRC**
Not fortified with Vitamins & Minerals.

*

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CREDITABLE

Visit us at www.cacfp.org for more information.
This institution is an equal opportunity provider.

*** These products may meet another standard for indentifying whole grain-rich but do not in the section noted.**

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Identifying Cereal Sugar Limits

Here are three ways to determine if a breakfast cereal is within the CACFP sugar limit. As long as a breakfast cereal meets the sugar limit using **AT LEAST ONE OF THESE METHODS** described below, it is considered within the sugar limit.

1 WIC

Women • Infants • Children

Use your State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list.

* confirm with your states WIC approved cereal list.

Product Example: Dora the Explorer

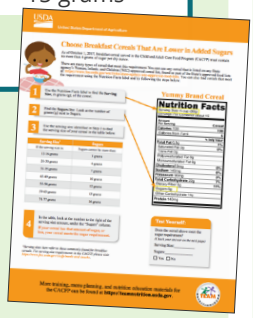
WIC*

2

Use USDA's Team Nutrition training worksheet "Choose Breakfast Cereals That Are Low in Added Sugar." The worksheet includes a chart with common breakfast cereal serving sizes and the maximum amount of sugar the breakfast cereal may contain per serving.

ALLOWABLE SUGAR LIMITS

SERVING SIZE	SUGARS
If the serving size is:	cannot be more than:
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams ✓
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	
78-82 grams	



USDA

(https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools)

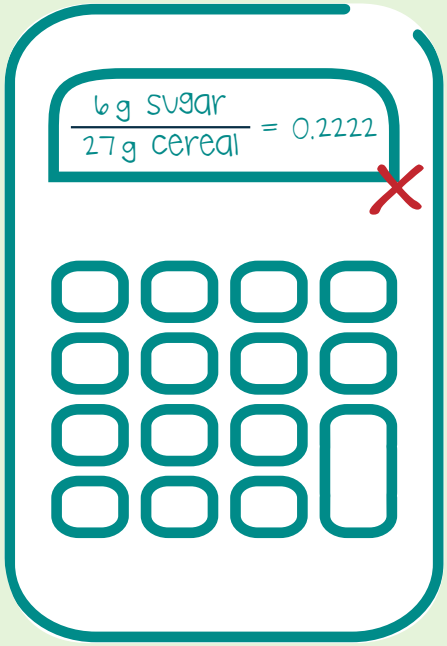
3

Use the Nutrition Facts label on the breakfast cereal packaging to calculate the sugar content per dry ounce.

1) Find the serving size in grams at the top of the label and the sugars listed towards the middle.

2) Divide the total sugars by the serving size in grams.

If the answer is equal to or less than 0.212, then the cereal is within the required sugar limit and may be creditable in CACFP.



GRAMS OF SUGAR PER SERVING / GRAMS OF CEREAL PER SERVING if ≤ 0.212 it is creditable

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Product Example: Dora the Explorer meets one of the three methods, therefore, this product is CACFP creditable.

Disclosure: The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched or fortified.

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Wondering if your food is WHOLE GRAIN-RICH?

Is it a cereal?

NO → Is it a bread or pasta labeled "WHOLE WHEAT" and does it meet the Standard of Identity?

YES → WHOLE GRAIN-RICH

NO → Is the product found on ANY State agency's WIC approved lists?

YES → WHOLE GRAIN-RICH

NO → Does the product packaging list either of the **FDA** statements?

YES → WHOLE GRAIN-RICH

NO → Does it meet the whole grain-rich criteria under the NSLP?

YES → WHOLE GRAIN-RICH

NO → Is the 1st ingredient (2nd after water) a "**WHOLE GRAIN**"?

YES → Are the next two grain ingredients whole grain, enriched, bran, or germ?

YES → WHOLE GRAIN-RICH

NO → Do they follow the statement, "contains less than 2%..."?

YES → WHOLE GRAIN-RICH

NO → Do you have proper documentation from manufacturer proving WGR?

YES → WHOLE GRAIN-RICH

NO → DOES NOT MEET THE WHOLE GRAIN-RICH REQUIREMENTS

YES → Does it meet the sugar limit requirements?

NO → STOP — NOT CACFP CREDITABLE

YES → Is the 1st ingredient (2nd after water) a "**WHOLE GRAIN**"?

YES → Is it fortified with Vitamins & Minerals?

YES → WHOLE GRAIN-RICH

NO → Do you have proper documentation from manufacturer proving WGR?

YES → WHOLE GRAIN-RICH

NO → DOES NOT MEET THE WHOLE GRAIN-RICH REQUIREMENTS

CREDITABLE cacfp.org

Identifying Whole Grain-Rich Foods for the Child and Adult Care Food Program Using the Ingredient List

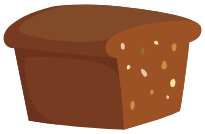
The **ingredient list** is printed on the food packaging of products. This list includes information on flours, grains, and other ingredients that are in the product. On the ingredient list, the ingredients are listed in order of quantity. If a whole grain is listed first, you know there is more of that whole grain than anything else in the food.

In the United States Department of Agriculture's Child and Adult Care Food Program (CACFP), you can identify grains that are whole grain-rich by looking at the first three **grain** ingredients that appear on the ingredient list. This method is known as the *Rule of Three*. If the ingredient list does not include three grain ingredients, you only have to look at the grain ingredients that are present. Some whole grain-rich foods may have only one grain ingredient.

In the CACFP, at least one offering of grains per day must be whole grain-rich for children and adults.*

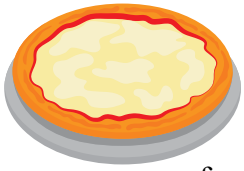
Step-by-Step Guide To Identifying Whole Grain-Rich Foods Using the *Rule of Three*

STEP 1 Find the ingredient list



This ingredient list is for **bread**. In this example, you would look at the full ingredient list to determine if the bread is whole grain-rich.

INGREDIENTS: Whole-wheat flour, water, yeast, brown sugar, wheat gluten, contains 2% or less of each of the following: salt, dough conditioners, soybean oil, vinegar, cultured wheat flour, citric acid.



The ingredient list shown here is for a frozen **cheese pizza**. Because pizza is a combination food, the ingredients for all the foods within the cheese pizza, such as the crust, cheese, and sauce, are listed within one ingredient list. In this example, you would look at the ingredients for the crust, to determine if the grain component of this food is whole grain-rich.

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives. **Shredded mozzarella cheese:** Pasteurized part skim milk, cheese cultures, salt, enzymes. **Sauce:** Water, tomato paste, pizza seasoning, modified food starch.

**During the COVID-19 public health emergency, some State agencies may have opted into School Year 2021-2022 meal pattern waivers. Additional information on these waivers is available at: fns.usda.gov/disaster/pandemic/cn-2021-22-waivers-and-flexibilities.*

FNS-655 Slightly Revised October 2021

STEP 2 Simplify the ingredient list

Look at the "Disregarded Ingredients" list below. Do not consider these ingredients. Some sound like grains, so it can be helpful to cross them out at the beginning.

Disregarded Ingredients:

- Cellulose fiber
- Corn dextrin
- Corn starch
- Modified food starch
- Rice starch
- Tapioca starch
- Water
- Wheat dextrin
- Wheat gluten
- Wheat starch
- Any ingredients that appear after the phrase, "Contains 2% or less of…" or "Contains less than 2% of..."

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives~~.

▲ *This ingredient list shows some ingredients that can be crossed out to simplify the list.*

STEP 3 Look at the first ingredient

If you have a combination food, like a pizza, look at the part of the ingredient list that refers to the grain product. For this food, the grain product is the pizza crust.

Is the first ingredient a whole-grain ingredient?

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives~~.

▲ *The first grain ingredient is "**whole-wheat flour**," which is a **whole-grain ingredient**.*

YES ✓ If the first ingredient is whole-grain and the food is not a ready-to-eat breakfast cereal, **go to Step 4 on page 3**.

YES ✓ If the first ingredient is whole-grain and the food is a ready-to-eat breakfast cereal, **see "Identifying Whole Grain-Rich Breakfast Cereals in the CACFP" on page 7**.

NO ✗ If the first ingredient is not a whole-grain ingredient, then this food is not creditable as a whole grain-rich food in the CACFP using the *Rule of Three*.*

NO ✗ It is possible that the food includes several whole-grain ingredients. When added together, these grains may meet the whole grain-rich requirement. In this case, you would need to request additional information from the manufacturer.

*See the **Whole-Grain Ingredients** chart on page 5 for some common whole grains. Make sure the first grain ingredient is not listed on the **Enriched Grain Ingredients**, **Bran or Germ Ingredients**, or **Non-Creditable Grains or Flours** charts on page 6.*

This food might be creditable as a grain that is not being served as a whole grain-rich food. See the Food Buying Guide for Child Nutrition Programs (https://foodbuyingguide.fns.usda.gov**) for information on how to determine if an enriched grain is creditable towards the grain component in the CACFP.*

STEP 4 Look for the second grain ingredient

Does the food have another grain ingredient?

NO ✗ If the food does not have any other grain ingredients, you can **stop here**. The food is whole grain-rich!

YES ✓ **If so, is the second grain ingredient whole-grain, enriched, or bran or germ?** *Make sure the second grain ingredient is not listed on the "**Non-Creditable Grains or Flours**" chart.*

YES ✓ If the second grain ingredient is whole-grain, enriched, or bran or germ, **go to Step 5 below**.

NO ✗ If the second grain ingredient is **not** whole-grain, enriched, or bran or germ, then this food is not creditable as a whole grain-rich food in the CACFP using the *Rule of Three*.*

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives~~.

▲ *The second grain ingredient is "**enriched wheat flour**," which is an **enriched grain ingredient**. For information on flour made from more than one grain ingredient, see "Focus on Flour Blends" on page 4.*

STEP 5 Look for the third grain ingredient

Does the food have a third grain ingredient?

NO ✗ If the food does not have any other grain ingredients, you can **stop here**. The food is whole grain-rich!

YES ✓ **If so, is the third grain ingredient whole-grain, enriched, or bran or germ?** *Make sure the third grain ingredient is not listed on the "**Non-Creditable Grains or Flours**" chart.*

YES ✓ If the third grain ingredient is whole-grain, enriched, or bran or germ, then this food is whole grain-rich! If your product has other grain ingredients, such as a fourth grain ingredient, you do not need to consider them.

NO ✗ If the third grain ingredient is not whole-grain, enriched, bran, or germ, then this food is not creditable as a whole grain-rich food in the CACFP using the *Rule of Three*.*

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), **wheat bran,** ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives~~.

▲ *The third grain ingredient is "**wheat bran**," which is a type of bran.*

✓ *This pizza crust is considered whole grain-rich because the first ingredient is **whole-grain**, the second grain ingredient is **enriched**, and the third ingredient is a type of **bran**.*

More training, menu planning, and nutrition education materials for the CACFP can be found at **TeamNutrition.USDA.gov**.

Focus on Flour Blends

You may see an ingredient list that includes a flour blend as an ingredient. The flour blend will be followed by a list of sub-ingredients that make up the flour blend. These sub-ingredients are shown in parenthesis. Treat these flour blends as one grain ingredient when applying the *Rule of Three*.

INGREDIENTS: **Whole grain flour** (whole-wheat flour, brown rice flour, whole grain oat flour), water, **flour blend** (graham flour, enriched wheat flour, enriched corn flour, wheat bran), yeast, salt.

▲ *This is an ingredient list for bread. This bread includes two flour blends: whole grain flour and a flour blend.*

The list of sub-ingredients in parenthesis tells you what grains are in the whole grain flour and the flour blend.

Find the first ingredient on the ingredient list.

INGREDIENTS: **Whole grain flour** (whole-wheat flour, brown rice flour, whole grain oat flour), water, flour blend (graham flour, enriched wheat flour, enriched corn flour, wheat bran), yeast, salt.

▲ *The whole grain flour is the first ingredient on this ingredient list.*

If the first ingredient is a flour blend, all the ingredients in the flour blend must be whole-grain.

You can now proceed with examining the second and third grain ingredients as described on pages 2 and 3.

INGREDIENTS: Whole grain flour **(whole-wheat flour, brown rice flour, whole grain oat flour),** water, flour blend (graham flour, enriched wheat flour, enriched corn flour, wheat bran), yeast, salt.

▲ *The ingredients in the whole grain flour are whole-wheat flour, brown rice flour, and whole grain oat flour.*

All the ingredients in the whole grain flour are whole-grain, so the whole grain flour is considered whole grain-rich.

If the flour blend is the second or third grain ingredient, then the flour blend may be made up of whole grains, enriched grains, bran, and/or germ.

INGREDIENTS: Whole grain flour (whole-wheat flour, brown rice flour, whole grain oat flour), water, **flour blend** (graham flour, enriched wheat flour, enriched corn flour, wheat bran), yeast, salt.

▲ *The second grain ingredient in this bread is the flour blend.*

INGREDIENTS: Whole grain flour (whole-wheat flour, brown rice flour, whole grain oat flour), water, flour blend **(graham flour, enriched wheat flour, enriched corn flour, wheat bran),** yeast, salt.

▲ *The flour blend contains whole-grain ingredients (graham flour), enriched ingredients (enriched wheat flour, enriched corn flour) and bran (wheat bran).*

This bread does not have a third grain ingredient.

✓ *This bread is considered whole grain-rich because the first ingredient is whole-grain and the second grain ingredient is made from whole-grain, enriched, and bran ingredients.*

If the flour blend includes any non-creditable flours or grains, then the flour blend is not a creditable grain ingredient.

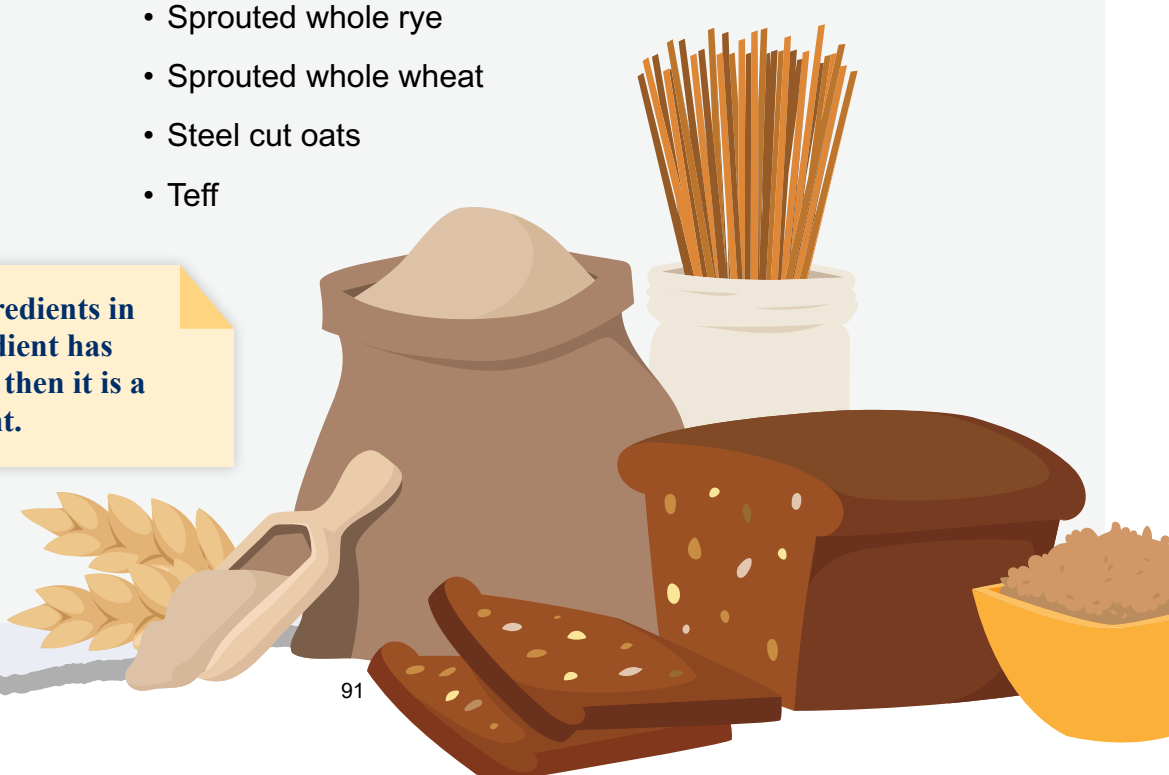
INGREDIENTS: Flour blend (durum flour, bromated flour, brown rice flour), water, salt.

✗ *This flour blend includes two non-creditable flours (durum flour and bromated flour), so the flour blend is not a creditable grain ingredient.*

Whole-Grain Ingredients

- Amaranth
- Amaranth flour
- Brown rice
- Brown rice flour
- Buckwheat
- Buckwheat flour
- Buckwheat groats
- Bulgur
- Corn masa
- Corn treated with lime
- Cracked wheat
- Crushed wheat
- Dehulled barley
- Dehulled-barley flour
- Entire wheat flour
- Flaked rye
- Flaked wheat
- Graham flour
- Hominy
- Hominy grits
- Instant oatmeal
- Masa harina
- Millet
- Millet flour
- Nixtamalized corn flour/meal
- Oat groats
- Oats/oatmeal
- Old fashioned oats
- Popcorn
- Quick cooking oats
- Quinoa
- Rye berries
- Rye groats
- Sorghum
- Sorghum flour
- Spelt berries
- Sprouted brown rice
- Sprouted buckwheat
- Sprouted einkorn
- Sprouted spelt
- Sprouted wheat
- Sprouted whole rye
- Sprouted whole wheat
- Steel cut oats
- Teff
- Teff flour
- Triticale
- Triticale flour
- Wheat berries
- Wheat groats
- White whole wheat flour
- Whole corn
- Whole durum flour
- Whole grain corn
- Whole grain corn flour
- Whole grain oat flour
- Whole grain spelt flour
- Whole grain wheat
- Whole grain wheat flakes
- Whole grain wheat flour
- Whole rye flour
- Whole wheat flour
- Wild rice
- Wild rice flour

In addition to the ingredients in this chart, if an ingredient has "whole" in front of it, then it is a whole-grain ingredient.



Enriched Grain Ingredients

- Enriched bromated flour
- Enriched corn flour
- Enriched durum flour
- Enriched durum wheat flour
- Enriched farina
- Enriched grits
- Enriched rice
- Enriched rice flour
- Enriched rye flour
- Enriched wheat flour
- Enriched white flour
- Other grains with the word "enriched" in front of it.

In addition to the ingredients listed above, if the ingredient list states or includes the nutrients used to enrich the flour, then your product has enriched grains. For example, an ingredient list might read: "Durum flour (niacin, iron, riboflavin, folic acid, thiamin)." The nutrients listed in the parenthesis indicate that the durum flour is enriched.

Bran or Germ Ingredients

- Corn bran
- Oat bran
- Rice bran
- Rye bran
- Wheat bran
- Wheat germ

Non-Creditable Grains or Flours

These foods cannot be one of the first three ingredients for whole grain-rich items.

- Barley malt
- Bean or legume flour (such as soy, chickpea, lentil, etc.)
- Bromated flour
- Corn
- Corn fiber
- Degermed corn
- Degerminated corn meal
- Durum flour
- Farina
- Grits
- Malted barley flour
- Nut or seed flour (any kind)
- Oat fiber
- Potato flour
- Rice flour
- Semolina
- Stone ground corn
- Tapioca flour
- Vegetable flour (any kind)
- Wheat flour
- White flour
- Yellow corn flour
- Yellow corn meal

Identifying Whole Grain-Rich Breakfast Cereals in the CACFP

For ready-to-eat breakfast cereals only, if the first ingredient is whole-grain, and the cereal is fortified, then the cereal is whole grain-rich in the CACFP.

Remember to check that the cereal also meets the CACFP sugar limit. For more information on sugar limits for cereal, see "Choose Breakfast Cereals That Are Lower in Sugar" at https://www.fns.usda.gov/tn/meal-pattern-training-worksheets-cacfp.

To determine if a ready-to-eat cereal is whole grain-rich:

STEP 1 Look at the first ingredient

Is the first ingredient a whole-grain ingredient?

YES ✓ If the first ingredient is whole-grain, **go to Step 2**.

NO ✗ If the first ingredient is not a whole grain, then this food is not creditable as a whole-grain-rich food in the CACFP using the *Rule of Three*.*

Example 1

INGREDIENTS: Whole grain oat flour[1], corn flour, sugar, salt, tripotassium phosphate, vitamin E. **Vitamins and Minerals[2]:** calcium carbonate, iron and zinc, vitamin C, vitamin B6, vitamin A, vitamin B12.

▲ 1. *The first ingredient is "**whole grain oat flour**," which is a **whole-grain ingredient**.*

2. *The presence of "**Vitamins and Minerals**" on the ingredient list indicates that this cereal is fortified.*

✓ *This breakfast cereal is whole grain-rich because the first ingredient is **whole-grain** and the cereal is **fortified**.*

STEP 2 Look for fortification

Is the cereal fortified?

Look for the words "fortified" on the food package. You can also look at the ingredient list to see if it lists any vitamins and minerals that have been added to the product. Cereals that are not fortified would not have any added vitamins and minerals.

YES ✓ If the cereal is fortified, then this food is whole grain-rich! If your cereal has other grain ingredients, you do not need to consider them. See **Example 1**.

NO ✗ If the cereal has a whole grain as the first ingredient, but is not fortified, then follow the *Rule of Three* instructions on pages 1-3 to look at the second and third grain ingredients. See **Example 2**.

Example 2

INGREDIENTS: Whole grain wheat[1], wheat bran[3], raisins, oat fiber[4], sea salt.

▲ 1. *The first ingredient is "**whole grain wheat**," which is a **whole-grain ingredient**.*

2. *This food is not fortified. There are no vitamins and minerals on the ingredient list. Look at the second and third grain ingredients to see if the cereal is whole grain-rich.*

3. *The second grain ingredient is **wheat bran**, which is a type of **bran**.*

4. *The third grain ingredient is **oat fiber**, which is a **non-creditable ingredient**.*

✗ *This breakfast cereal is not whole grain-rich using the Rule of Three because the third grain ingredient is a non-creditable ingredient.*

Try It Out!

Look at the ingredient lists for the grain items below. Use the *Rule of Three* to determine if these items are whole grain-rich. Why or why not?

A

Crackers: ☐ **Yes** ☐ **No**

Why or why not? _____

_____

_____

_____

_____

INGREDIENTS: Whole grain wheat flour, vegetable oil, enriched rye flour, cracked wheat.

B

Bread: ☐ **Yes** ☐ **No**

Why or why not? _____

_____

_____

_____

_____

INGREDIENTS: Flour blend (enriched flour, brown rice flour, whole grain oat flour), water, whole grain flour blend (graham flour, whole grain corn flour), wheat bran, yeast, salt.

C

Ready-to-Eat Cereal:

☐ **Yes** ☐ **No**

Why or why not? _____

_____

_____

_____

_____

INGREDIENTS: Whole grain corn, corn meal, sugar, corn bran, salt, brown sugar syrup. Vitamins and Minerals: calcium carbonate, iron, zinc, vitamin C, vitamin B6, vitamin B2, vitamin A, vitamin B12.

Answer Key:

A **Yes**, these crackers are whole grain-rich.

1. The first grain ingredient is whole grain wheat flour, which is a whole-grain ingredient.
2. The second grain ingredient is enriched rye flour, which is an enriched ingredient.
3. The third grain ingredient is cracked wheat, which is a whole-grain ingredient.

B **No**, the bread is not whole grain-rich.

1. The first ingredient in this bread is a flour blend that contains enriched flour. If the first ingredient is a flour blend, all the grain ingredients in the flour blend must be whole-grain. Enriched flour is not a whole-grain ingredient.

C **Yes**, this ready-to-eat cereal is whole grain-rich.

1. The first ingredient is whole grain corn, which is a whole-grain ingredient.
2. The presence of "Vitamins and Minerals" on the ingredient list indicates that this cereal is fortified.

Choose Breakfast Cereals That Are Lower in Sugar

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must not have more than **6 grams of sugar** per dry ounce.

There are many types of cereal that meet this sugar limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the sugar limit by using the Nutrition Facts label and following the steps below:

1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

2 Find the **Total Sugars** line. Look at the number of grams (g) next to Total Sugars.

3 Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.

Serving Size*	Total Sugars
If the serving size is:	Total sugars must not be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

4 In the table, look at the number to the right of the serving size amount, under the "Total Sugars" column.

If the cereal has that amount of sugar, or less, the cereal meets the sugar limit.

**Serving sizes here refer to those commonly found for breakfast cereals.*

Yummy Brand Cereal

Nutrition Facts

15 servings per container

Serving size ¾ cup (30g)

Amount per serving

Calories 100

	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 3g	**11%**
Total Sugars 5g	
Includes 4g Added Sugars	**8%**
Protein 3g	

Test Yourself:

Does the cereal above meet the sugar limit?
(Check your answer on the next page)

Serving Size:_____

Total Sugars:_____

☐ Yes ☐ No

Try It Out!

Use the "Sugar Limits in Cereal" table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the "Cereals To Serve in the CACFP" list. You can use this as a shopping list when buying cereals to serve in your program.

Sugar Limits in Cereal

Serving Size	Total Sugars	Serving Size	Total Sugars
If the serving size is:	Total sugars must not be more than:	If the serving size is:	Total sugars must not be more than:
0-2 grams	0 grams	50-54 grams	11 grams
3-7 grams	1 gram	55-58 grams	12 grams
8-11 grams	2 grams	59-63 grams	13 grams
12-16 grams	3 grams	64-68 grams	14 grams
17-21 grams	4 grams	69-73 grams	15 grams
22-25 grams	5 grams	74-77 grams	16 grams
26-30 grams	6 grams	78-82 grams	17 grams
31-35 grams	7 grams	83-87 grams	18 grams
36-40 grams	8 grams	88-91 grams	19 grams
41-44 grams	9 grams	92-96 grams	20 grams
45-49 grams	10 grams	97-100 grams	21 grams

Cereals To Serve in the CACFP*

Cereal Brand	Cereal Name	Serving Size	Total Sugars (g)
Healthy Food Company	*Nutty Oats*	*28 grams*	*5 grams*

*The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of total sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched, or fortified.

Answer to "Test Yourself" activity on page 1: *The cereal has 5 grams of total sugars per 30 grams. The maximum amount of total sugars allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal meets the sugar limit.*

FNS-653 Slightly Revised October 2019

Grain-Based Desserts in the Child and Adult Care Food Program

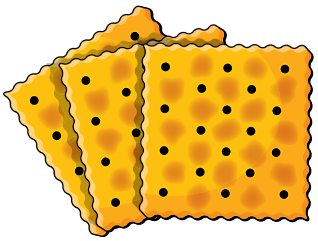
Kids need the vitamins, minerals, and other nutrients in foods such as fruits, vegetables, whole grains, low-fat dairy, and lean protein foods. Too often, kids are filling up on foods high in added sugars and low in nutrients.

As of October 1, 2017, grain-based desserts no longer count toward the grain component of meals and snacks offered through the Child and Adult Care Food Program (CACFP). This small change helps reduce the amount of added sugars kids eat in child care.

What Are Grain-Based Desserts?

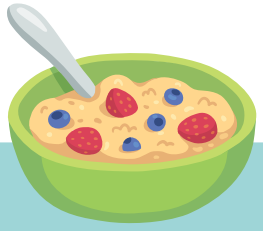
The chart below lists some common grain-based desserts:

Grain-Based Desserts (Not Reimbursable in the CACFP):	Not Grain-Based Desserts (Reimbursable in the CACFP):
• Brownies • Cakes, including coffee cake and cupcakes • Cereal bars, breakfast bars, and granola bars • Cookies, including vanilla wafers • Doughnuts, any kind • Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies • Gingerbread • Ice cream cones • Marshmallow cereal treats • Pie crusts of dessert pies, cobblers, and fruit turnovers • Sweet bread puddings • Sweet biscotti, such as those made with fruits, chocolate, icing, etc. • Sweet croissants, such as chocolate-filled • Sweet pita chips, such as cinnamon-sugar flavored • Sweet rice puddings • Sweet scones, such as those made with fruits, icing, etc. • Sweet rolls, such as cinnamon rolls • Toaster pastries	• Banana bread, zucchini bread, and other quick breads • Cereals that meet the sugar limit and are whole grain-rich, enriched, and/or fortified • Cornbread • Crackers, all types • French Toast • Muffins • Pancakes • Pie crusts of savory pies, such as vegetable pot pie and quiche • Plain croissants • Plain or savory pita chips • Savory biscotti, such as those made with cheese, vegetables, herbs, etc. • Savory bread puddings, such as those made with cheese, vegetables, herbs, etc. • Savory rice puddings, such as those made with cheese, vegetables, etc. • Savory scones, such as those made with cheese, vegetables, herbs, etc. • Teething biscuits, crackers, and toasts • Tortillas and tortilla chips • Waffles



Whole grain-rich and homemade grain-based desserts are also not creditable in the CACFP.

More training, menu planning, and nutrition education materials for the CACFP can be found at **https://teamnutrition.usda.gov**.



Still Too Sweet?

- Even if a food is not listed as a grain-based dessert, it can still be high in added sugars. As a best practice, compare grains and choose those that are lower in sugars. For instance, the amount of added sugars in a muffin can vary from recipe to recipe. Some muffins are as sweet as cupcakes and include ingredients such as candy and chocolate pieces or cinnamon-sugar toppings.

- Look for alternatives to sweet toppings (such as syrups, honey, and cinnamon sugars). For example, try topping pancakes with fruits instead of syrup. Starting these practices early helps kids develop healthy habits.

Try It Out!

1. Think about some grain-based desserts that you used to serve. Add them to the "Instead of serving" column on the left.
2. What are some other foods you can serve instead? Add them to the "Try" column in the middle.
3. Think of other foods you could substitute for the examples listed below. Add them to the right column under "Other Choices."

Instead of serving:	Try:	Other Choices:
Doughnuts or cinnamon rolls	Pancakes or waffles topped with sliced fruit	
Marshmallow cereal treat	Whole-grain tortilla chips or fruit	
Cookies	Whole-wheat crackers or graham crackers	
Cake or brownies	Banana bread	
Toaster pastries	Whole-wheat toast	

Use your "Try" and "Other Choices" lists to help you plan new menus at your site!

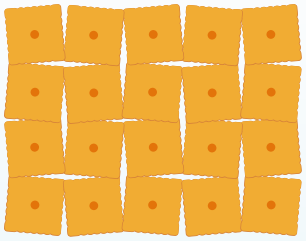
FNS-658 February 2018

USDA
United States Department of Agriculture
Food and Nutrition Service

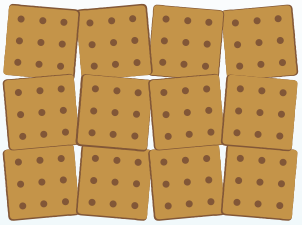
Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, required amounts for the grains component are listed in the meal pattern as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food.

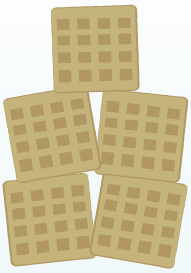
How Much Is 1 Ounce Equivalent?



20 cheese crackers (1" by 1") = 1 oz. eq.



12 thin wheat crackers (1 ¼" by 1 ¼") = 1 oz. eq.



5 woven whole-wheat crackers (1 ½" by 1 ½") = 1 oz. eq.

Using the Grains Measuring Chart

The Grains Measuring Chart on pages 2-4 tells you how much of a grain item you need to serve to meet CACFP meal pattern requirements. To use this chart:

1. Find the grain you want to serve under the "Grain Item and Size" column.

2. Check if the chart lists a size or weight by the name of the grain. If the chart:

Lists a weight for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.

Does not list a weight or size for the grain, then you do not need to check the size or weight of the product before using the chart.

Lists a size for the grain, such as *about 1 ¼" by 1 ½"*, then check if the item is the same size, or larger than, this amount. See page 6.

3. Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you will need to serve to meet the meal pattern requirement for grains.

Grain Item and Size	**1- through 5-year-olds** at Breakfast, Lunch, Supper, Snack **Serve at Least ½ oz. eq.**, which equals about…
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams
Popcorn	1 ½ cups or 14 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists or 11 grams

Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Bagel (entire bagel) at least 56 grams*	¼ bagel or 14 grams	½ bagel or 28 grams	1 bagel or 56 grams
Bagel, Mini (entire bagel) at least 28 grams*	½ bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams
Biscuit at least 28 grams*	½ biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams
Bread (whole grain-rich or enriched) at least 28 grams*	½ slice or 14 grams	1 slice or 28 grams	2 slices or 56 grams
Bun or Roll (entire bun or roll) at least 28 grams*	½ bun/roll or 14 grams	1 bun/roll or 28 grams	2 buns/rolls or 56 grams
Cereal Grains (barley, bulgur, quinoa, etc.)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Cereal, Ready-to-Eat: Flakes or Rounds	½ cup or 14 grams	1 cup or 28 grams	2 cups or 56 grams
Cereal, Ready-to-Eat: Granola	⅛ cup or 14 grams	¼ cup or 28 grams	½ cup or 56 grams
Cereal, Ready-to-Eat: Puffed	¾ cup or 14 grams	1 ¼ cup or 28 grams	2 ½ cups or 56 grams
Corn Muffin at least 34 grams*	½ muffin or 17 grams	1 muffin or 34 grams	2 muffins or 68 grams
Cracker, Animal (about 1 ½" by 1")**	8 crackers or 14 grams	15 crackers or 28 grams	30 crackers (~1 cup) or 56 grams
Cracker, Bear-Shaped, Sweet (about 1" by ½")**	12 crackers (~¼ cup) or 14 grams	24 crackers (~½ cup) or 28 grams	48 crackers (~1 cup) or 56 grams
Cracker, Cheese, Square, Savory (about 1" by 1")**	10 crackers or 11 grams	20 crackers (~⅓ cup) or 22 grams	40 crackers (~⅔ cup) or 44 grams
Cracker, Fish-Shaped or Similar, Savory (about ¾" by ½")**	21 crackers (~¼ cup) or 11 grams	41 crackers (~½ cup) or 22 grams	81 crackers (~1 cup) or 44 grams

!

**Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.*

***Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.*

Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Cracker, Graham (about 5" by 2 ½")**	1 cracker or 14 grams	2 crackers or 28 grams	4 crackers or 56 grams
Cracker, Round, Savory (about 1 ¾" across)**	4 crackers or 11 grams	7 crackers or 22 grams	14 crackers or 44 grams
Cracker, Saltine (about 2" by 2")**	4 crackers or 11 grams	8 crackers or 22 grams	16 crackers or 44 grams
Cracker, Thin Wheat, Square, Savory (about 1 ¼" by 1 ¼")**	6 crackers or 11 grams	12 crackers or 22 grams	23 crackers or 44 grams
Cracker, Woven Whole-Wheat, Square, Savory (about 1 ½" by 1 ½")**	3 crackers or 11 grams	5 crackers or 22 grams	10 crackers or 44 grams
Croissant at least 34 grams*	½ croissant or 17 grams	1 croissant or 34 grams	2 croissants or 68 grams
English Muffin (top and bottom) at least 56 grams*	¼ muffin or 14 grams	½ muffin or 28 grams	1 muffin or 56 grams
French Toast Stick at least 18 grams*	2 sticks or 35 grams	4 sticks or 69 grams	8 sticks or 138 grams
Grits	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Melba Toast (about 3 ½" by 1 ½")**	2 pieces or 11 grams	5 pieces or 22 grams	8 pieces or 44 grams
Muffin and Quick Bread (banana, etc.) at least 55 grams*	½ muffin/slice or 28 grams	1 muffin/slice or 55 grams	2 muffins/slices or 110 grams
Oatmeal	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

!

**Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.*

***Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.*

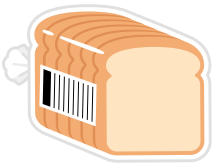
Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams
Pretzel, Hard, Thin Stick (about 2 ½" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams
Pretzel, Soft at least 56 grams*	¼ pretzel or 14 grams	½ pretzel or 28 grams	1 pretzel or 56 grams
Rice (all types)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Rice Cake at least 8 grams*	1 ½ cakes or 11 grams	3 cakes or 22 grams	5 ½ cakes or 44 grams
Rice Cake, Mini (about 1 ¾" across)**	7 cakes or 11 grams	13 cakes or 22 grams	25 cakes or 44 grams
Taco or Tostada Shell, Hard at least 14 grams*	1 shell or 14 grams	2 shells or 28 grams	4 shells or 56 grams
Tortilla, Soft, Corn (about 5 ½")**	¾ tortilla or 14 grams	1 ¼ tortillas or 28 grams	2 ½ tortillas or 56 grams
Tortilla, Soft, Flour (about 6")**	½ tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams
Tortilla, Soft, Flour (about 8")**	¼ tortilla or 14 grams	½ tortilla or 28 grams	1 tortilla or 56 grams
Waffle at least 34 grams*	½ waffle or 17 grams	1 waffle or 34 grams	2 waffles or 68 grams

!

**Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.*

***Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.*



Using the Nutrition Facts Label

Some items on the Grains Measuring Chart may have weights listed by the name of the item. Follow the steps below to see if your grain meets the minimum weight listed in the chart:

1 Find the grain item and its minimum weight in the Grains Measuring Chart.

For example, the minimum weight for a pancake is at least 34 grams.

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

2 Look at the Nutrition Facts label of the grain you wish to serve. Find the weight of the serving size (usually provided as grams (g)). One serving of Brand P pancakes weighs 117 grams.

3 Using the Nutrition Facts label, find how many items are in one serving. There are three pancakes in one serving of Brand P pancakes.

4 If there is more than one of an item in a serving, you will need to divide to find the weight of each item. For example, the serving size of Brand P pancakes is three pancakes.

Divide the serving weight by the number of items in one serving to find the weight of each item.

Brand P Pancakes

Nutrition Facts

4 servings per container

Serving size **3 Pancakes** **117g**

Amount per serving

Calories **280**

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	

117 grams ÷ **3 pancakes** = **39 grams per pancake**

Serving Weight *Serving Size* *Weight of Each Item*

Compare the weight of one item to the minimum weight listed in the Grains Measuring Chart (from Step 1). Is your item the same weight as, or heavier than, the minimum weight?

✓ **Yes:** Use the Grains Measuring Chart to see how much of your grain to serve to meet CACFP meal pattern requirements. In the example above, pancakes must weigh at least 34 grams in order to use the Grains Measuring Chart. Because each Brand P pancake weighs 39 grams, you may use the chart as a guide to the minimum serving amount.

✗ **No:** Use another method to determine how much of a grain item to serve. See "What If My Grain Is Different?" on page 6 for more information.

Are There Other Menu Planning Considerations?

If you serve an item that is larger, or weighs more, than what's listed on the Grains Measuring Chart, then you might serve more grains than required by the CACFP meal pattern. The Grains Measuring Chart can help make serving enough grains easier. However, the tools described under "What If My Grain Is Different?" can also help you determine how much of an item to serve to meet the meal pattern without serving more than what is needed.

What If My Grain Is Different?

Is the grain item you want to serve:

- Smaller than the item listed on the Grains Measuring Chart?
- Lighter in weight than the item listed on the Grains Measuring Chart?
- Not listed on the Grains Measuring Chart?

If so, you will need to use another way to tell how much to serve in order to meet CACFP meal pattern requirements. You could:

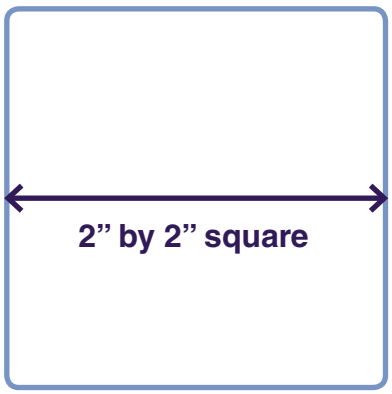
- Enter information from the Nutrition Facts label into the *Food Buying Guide for Child Nutrition Program's (FBG) Exhibit A Grains Tool*.* This tool will let you know how many ounce equivalents of grains are in one serving of the item.
- Use the *FBG Recipe Analysis Workbook (RAW)** to determine the ounce equivalents per serving for standardized recipes.

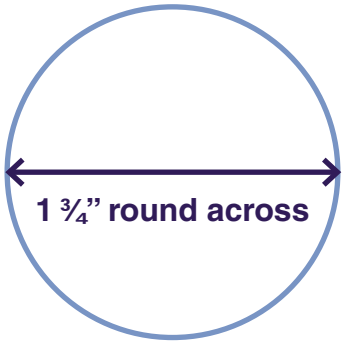
Available at* ***https://foodbuyingguide.fns.usda.gov*.

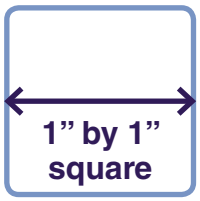
Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

Guides appear as actual size when this worksheet is printed at 100% on standard 8 ½" by 11" paper.







Grain Requirements for the Child and Adult Care Food Program

Group A	Ounce Equivalent (oz. eq.) for Group A
Bread type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing	2 oz. eq. = 44 gm or 1.6 oz. 1 oz. eq. = 22 gm or 0.8 oz. 1/2 oz. eq. = 11 gm or 0.4 oz. 1/4 oz. eq. = 6 gm or 0.2 oz.
Group B	**Ounce Equivalent (oz. eq.) for Group B**
Bagels Batter type coating Biscuits Breads - all (for example sliced, French, Italian) Buns (hamburger and hot dog) Sweet Crackers (graham crackers - all shapes,animal crackers) Egg roll skins English muffins Pita bread Pizza crust Pretzels (soft) Rolls Tortillas Tortilla chips Taco shells	2 oz. eq. = 56 gm or 2.0 oz. 1 oz. eq. = 28 gm or 1.0 oz. 1/2 oz. eq. = 14 gm or 0.5 oz. 1/4 oz. eq. = 7 gm or 0.25 oz.
Group C	**Ounce Equivalent (oz. eq.) for Group C**
Cornbread Corn muffins Croissants Pancakes Pie crust (meats/meat alternate pie crust only) Waffles	2 oz. eq. = 68 gm or 2.4 oz. 1 oz. eq. = 34 gm or 1.2 oz. 1/2 oz. eq. = 17 gm or 0.6 oz. 1/4 oz. eq. = 9 gm or 0.3 oz.
Group D	**Ounce Equivalent (oz. eq.) for Group D**
Muffins (all, except corn)	2 oz. eq. = 110 gm or 4.0 oz. 1 oz. eq. = 55 gm or 2.0 oz. 1/2 oz. eq. = 28 gm or 1.0 oz. 1/4 oz. eq. = 14 gm or 0.5 oz.
Group E	**Ounce Equivalent (oz. eq.) for Group E**
French toast	2 oz. eq. = 138 gm or 4.8 oz. 1 oz. eq. = 69 gm or 2.4 oz. 1/2 oz. eq. = 35 gm or 1.2 oz. 1/4 oz. eq. = 18 gm or 0.6 oz.
Group H	**Ounce Equivalent (oz. eq.) for Group H**
Cereal Grains (barley, quinoa, etc.) Breakfast cereals (cooked) Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice	2 oz. eq. = 1 cup cooked or 2 ounce (56 gm) dry 1 oz. eq. = 1/2 cup cooked or 1 ounce (28 gm) dry
Group I	**Ounce Equivalent (oz. eq.) for Group I**
Ready to eat breakfast cereal (cold, dry)	2 oz. eq. = 2 cup or 2 ounce for flakes and rounds 1 oz. eq. = 1 cup or 1 ounce for flakes and rounds 2 oz. eq. = 2.5 cups or 2 ounce for puffed cereal 1 oz. eq. = 1.25 cups or 1 ounce for puffed cereal 2 oz. eq. = 1/2 cup or 2 ounce for granola 1 oz. eq. = 1/4 cup or 1 ounce for granola

***** Groups F & G not included, not reimbursable on the CACFP *****

"Adapted from USDA Exhibit A: Grain Requirements for Child Nutrition Programs.
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Missouri Department of Health & Senior Services
Child & Adult Care Food Program
Adult Food Chart

Breakfast[13]	
Fluid Milk[1]	
Unflavored/flavored low-fat (1%) or fat-free (skim) milk	1 cup (8 oz.)
Vegetables, Fruits, or portions of both [2]	½ cup
Grains [3, 4]	
Whole grain-rich or enriched bread; **or**	2 oz. eq.
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; **or**	2 oz. eq.
Whole grain-rich, enriched or fortified cooked breakfast cereal [5], cereal grain, pasta; **or**	2 oz. eq.
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal [5]	2 oz. eq.
Lunch/Supper[14]	
Fluid Milk[1, 6]	
Unflavored/flavored low-fat (1%) or fat-free (skim) milk	1 cup (8 oz.)
Meat/Meat Alternate – 2 oz. eq.	
Lean meat, poultry, fish; **or**	2 oz.
Cheese; **or**	2 oz.
Large egg; **or**	1 egg
Tofu, soy products, alternate protein product [7]; **or**	2 oz.
Cooked beans, peas, or lentils[11]; **or**	½ cup
Yogurt, plain, flavored, unsweetened or sweetened [8] **or**;	1 cup (8 oz.)
Peanut butter, soy nut butter, other nut or seed butter; **or**	4 tbsp.
Peanuts, soy nuts, tree nuts, seeds[10]	2 oz.
Vegetable [2]	½ cup
Fruit [2, 9]	½ cup
Grains [3]	
Whole grain-rich or enriched bread; **or**	2 oz. eq.
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; **or**	2 oz. eq.
Whole grain-rich, enriched or fortified cooked breakfast cereal [5], cereal grain, or pasta	2 oz. eq.
Snack[12]	
Fluid Milk[1]	
Unflavored/flavored low-fat (1%) or fat-free (skim) milk	1 cup (8 oz.)
Meat/Meat Alternate – 1 oz. eq.	
Lean meat, poultry, fish; **or**	1 oz.
Cheese; **or**	1 oz.
Large egg; **or**	½ egg
Tofu, soy products, alternate protein product [7]; **or**	1 oz.
Cooked beans, peas, or lentils[11]; **or**	¼ cup
Yogurt, plain or flavored, unsweetened or sweetened [8] **or**;	½ cup (4 oz.)
Peanut butter, soy nut butter, other nut or seed butter; **or**	2 tbsp.
Peanuts, soy nuts, tree nuts, seeds[10]	1 oz.
Vegetable [2]	½ cup
Fruit [2]	½ cup
Grains [3]	
Whole grain-rich or enriched bread; **or**	1 oz. eq.
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; **or**	1 oz. eq.
Whole grain-rich, enriched or fortified cooked breakfast cereal [5], cereal grain, pasta; **or**	1 oz. eq.
Whole grain-rich, enriched or fortified ready-to-eat cereal [5]	1 oz. eq.
USDA Using Ounce Equivalents for Grains in the CACFP worksheet	

[1] Must be unflavored or flavored fat-free (skim) or low-fat (1%) milk. Six ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

[2] Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

[3] At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement with the exception of sweet crackers (e.g., graham crackers of any shape and animal crackers).

[4] Meat/meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat /meat alternates is equal to one ounce equivalent of grains.

[5] Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

[6] A serving of fluid milk is optional for suppers served to adult participants.

[7] Alternate protein products must meet the requirements in Appendix A to Part 226.

[8] Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

[9] A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

[10] Nuts and seeds may be used to meet no more than 50% of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch/supper requirement.

[11] Cooked beans, peas, and lentils may credit as either a vegetable or a meat alternate, but not as both in the same meal. Immature beans and peas, such as green beans, wax beans, and green peas credit as a vegetable only; they do not credit as a meat alternate.

[12] Select 2 of the 5 components for a reimbursable snack. Only one of the two components may be a beverage.

[13] Select all 3 components for a reimbursable breakfast meal.

[14] Select all 5 components for a reimbursable lunch/supper meal.

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
COMMUNITY FOOD AND NUTRITION ASSISTANCE (CFNA)
CHILD AND ADULT CARE FOOD PROGRAM (CACFP)
3 MEAL MENU TEMPLATE (5 DAY)

NAME OF CENTER/FACILITY					
YEAR WEEK OF					
BREAKFAST	DATE / /	DATE / /	DATE / /	DATE / /	DATE / /
Milk					
Vegetable, fruit, or portions of both					
Grain Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate (no more than 3 times per week at breakfast only)					
Other Foods					
LUNCH					
Milk					
Meat/Meat Alternates Meat, poultry, or fish or tofu, soy product, or alternate protein products					
Vegetable					
Fruit					
Grain					
Other Foods					
SNACK AM or PM (Circle) Serve 2 of 5 components					
Milk					
Meat/Meat Alternates					
Vegetable					
Fruit					
Grain					
Other Foods					

Note: Minimum serving sizes per age group and meal requirements as listed on the Food Charts must be followed for a creditable **CACFP** meal.

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
COMMUNITY FOOD AND NUTRITION ASSISTANCE (CFNA)
CHILD AND ADULT CARE FOOD PROGRAM (CACFP)

5 MEAL MENU TEMPLATE (5 DAY)

NAME OF CENTER/FACILITY					
YEAR WEEK OF					
BREAKFAST	DATE / /	DATE / /	DATE / /	DATE / /	DATE / /
Milk					
Vegetable, fruit, or portions of both					
Grain Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate[5] (no more than 3 times per week at breakfast only)					
Other Foods					
SNACK AM Serve 2 of 5					
Milk					
Meat/Meat Alternates					
Vegetable					
Fruit					
Grain					
Other Foods					
LUNCH					
Milk					
Meat/Meat Alternates Meat, poultry, or fish or tofu, soy product, or alternate protein products					
Vegetable					
Fruit					
Grain					
Other Foods					

SNACK PM Serve 2 of 5					
Milk					
Meat/Meat Alternates					
Vegetable					
Fruit					
Grain					
Other Foods					
SUPPER					
Milk					
Meat/Meat Alternates Meat, poultry, or fish or tofu, soy product, or alternate protein products					
Vegetable					
Fruit					
Grain					
Other Foods					

Note: Minimum serving sizes per age group and meal requirements as listed on the Food Charts must be followed for a creditable **CACFP** meal.

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
COMMUNITY FOOD AND NUTRITION ASSISTANCE (CFNA)
CHILD AND ADULT CARE FOOD PROGRAM (CACFP)
3 MEAL MENU TEMPLATE (5 DAY)

NAME OF CENTER/FACILITY Harmony Adult Daycare **GOOD EXAMPLE #1**

YEAR 20XX WEEK OF June 1 to June 5

BREAKFAST	DATE 6/1/20XX	DATE 6/2/20XX	DATE 6/3/20XX	DATE 6/4/20XX	DATE 6/5/20XX
Milk	skim milk	skim milk	skim milk	skim milk	skim milk
Vegetable, fruit, or portions of both	applesauce	sliced peaches	orange sections	grape juice	diced pears
Grain Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate (no more than 3 times per week at breakfast only)	WG waffle	oatmeal	WG bagel	Cheerios	biscuit
Other Foods		raisins	cream cheese	whole wheat toast	egg
LUNCH	vegetable beef soup USDA recipe		baked chicken USDA recipe		
Milk	skim milk	skim milk	skim milk	skim milk	skim milk
Meat/Meat Alternates Meat, poultry, or fish or tofu, soy product, or alternate protein products	lean ground beef	beef hot dog (CN)	chicken breast	deli turkey & swiss cheese	fish patty (CN)
Vegetable	broccoli	tater tots	green beans	baby carrots	mixed vegetables
Fruit	pineapple chunks	watermelon cubes	peaches	banana	fruit salad
Grain	cornbread	WG hot dog bun	WG roll	WG bread	WG hamburger bun
Other Foods		mustard, ketchup	ketchup	mustard, mayo	tartar sauce
SNACK AM or PM (Circle) Serve 2 of 5 components	cheese quesdilla				
Milk		skim milk			skim milk
Meat/Meat Alternates	colby cheese	peanut butter		mozzarella cheese stick	
Vegetable			carrot sticks		
Fruit			apple slices	pineapple	banana
Grain	WG floor tortilla	WG bread			
Other Foods	mild salsa	jelly			

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
COMMUNITY FOOD AND NUTRITION ASSISTANCE (CFNA)
CHILD AND ADULT CARE FOOD PROGRAM (CACFP)
3 MEAL MENU TEMPLATE (5 DAY)

NAME OF CENTER/FACILITY Harmony Adult Daycare **GOOD EXAMPLE #2**

YEAR 20XX WEEK OF June 8 to June 12

BREAKFAST	DATE 6/8/20XX	DATE 6/9/20XX	DATE 6/10/20XX	DATE 6/11/20XX	DATE 6/12/20XX
Milk	skim milk	skim milk	skim milk	skim milk	skim milk
Vegetable, fruit, or portions of both	orange juice	sliced peaches	pineapple juice	red grapes	cinnamon applesauce
Grain Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate[5] (no more than 3 times per week at breakfast only)	WG pancakes	WG toast	cream of wheat	WG english muffin	bran flakes cereal
Other Foods	butter, syrup	boiled egg	cinnamon	peanut butter	
LUNCH	spaghetti with meat sauce	cheese pizza (HM)		macaroni & cheese (HM)	
Milk	skim milk	skim milk	skim milk	skim milk	skim milk
Meat/Meat Alternates Meat, poultry, or fish or tofu, soy product, or alternate protein products	ground beef	cheese	roast beef	cheese	corn dog (CN)
Vegetable	peas	tossed salad	mashed potatoes	broccoli	baked fries
Fruit	pineapple tidbits	watermelon cubes	peaches	apricots	fruit salad
Grain	whole wheat spaghetti	WG pizza crust	WG roll	macaroni	corndog breading (CN)
Other Foods	garlic bread, spaghetti sauce	salad dressing, pizza sauce	beef gravy	mustard, mayo	ketchup, mustard
SNACK AM or PM (Circle) Serve 2 of 5 components					
Milk			skim milk	skim milk	
Meat/Meat Alternates	mozzarella cheese stick	vanilla yogurt			
Vegetable			carrot sticks		
Fruit	cantaloupe cubes	strawberries			apple juice
Grain				WG bagel	WG breadstick
Other Foods				strawberry cream cheese	pizza sauce

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
3 MEAL MENU TEMPLATE (5 DAY)

NAME OF CENTER/FACILITY Bad Apple Day Care **EXERCISE #4 FIND THE ERRORS**

YEAR 20XX WEEK OF June 8 to June 12

BREAKFAST	DATE 6/8/20XX	DATE 6/9/20XX	DATE 6/10/20XX	DATE 6/11/20XX	DATE 6/12/20XX
Milk[1]	2% milk		1% milk	1% milk	1% milk
Vegetable, fruit, or portions of both[2]		pears	100% orange juice		sliced bananas
Grain[3] Indicate "WG" next to Whole Grain menu items or Meat/Meat alternate[5] (no more than 3 times per week at breakfast only)	toast		WG oatmeal	WG Cheerios	sugar puffed wheat cereal***
Other Foods	scrambled eggs	ham slice			
LUNCH					
Milk[1]	1% milk	1% milk	1% milk	1% milk	1% milk
Meat/Meat Alternates Meat, poultry, fish, tofu, soy product, or alternate protein products	hot dog (CN)	cheese pizza (HM)	chicken nuggets (CN)	hamburger	peanut butter
Vegetable[11]	pineapple		mashed potatoes	baked beans	baby carrots
Fruit	oranges	banana	diced pears	sweet potato fries	pineapple chunks
Grain [3]	bun	pizza crust (HM)	breading (CN)		sandwich bread
Other Foods					jelly
SNACK AM or PM (Circle) Serve 2 of 5 components					
Milk[1]					whole chocolate milk
Meat/Meat Alternates		cheese stick	strawberry yogurt**		
Vegetable[11]	carrot sticks				
Fruit	apples			strawberries	
Grain [3]		pretzels	vanilla wafer	biscuit	blueberry muffin
Other Foods					

**18 grams of sugar in 6 ounces of yogurt

***Cereal Ingredients: Sugar, wheat, dextrose, honey, contains 2% or less of vegetable oil (hydrogenated or partially hydrogenated soybean), salt, caramel color, soy lecithin, BHT for freshness. 15 grams of sugar in 28 grams of cereal

Offer Versus Serve in the Child and Adult Care Food Program

If your site serves meals to at-risk afterschool or adult participants in the Child and Adult Care Food Program (CACFP), you may use a type of meal service called Offer Versus Serve (OVS). OVS allows children and adults to decline some of the food offered in a reimbursable breakfast, lunch, or supper. OVS may not be used at snacks or in other CACFP settings. OVS can help reduce food waste and give children and adults more choices.

Understanding OVS: Know the Terms

- **Food component**—the name of a **group** of foods in a reimbursable meal. **Food components** include milk, vegetables, fruits, grains, and meat and meat alternates. At breakfast only, vegetables and fruits are one combined component. This means you can serve vegetables, fruits, or a combination of both to meet this requirement.
- **Food item**—foods that are part of a **food component**. For example, broccoli is a **food item** in the vegetables **food component**.

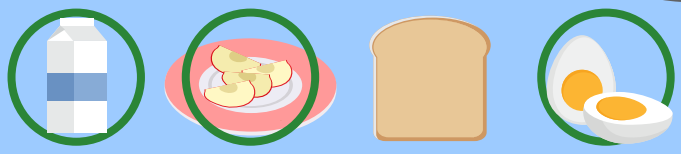
How to Use OVS at Meals

OVS at Breakfast

1. Offer these 3 **food components** at breakfast:
   - Milk
   - Vegetables and/or Fruits
   - Grains
2. Offer at least 4 different **food items** at breakfast, at least 1 from each **food component** above. The 4th food item can come from the vegetables or fruits, grains, or meat/meat alternates component.
3. Ask the child or adult to **choose at least 3** different **food items**.

OVS at Lunch and Supper

1. Offer these 5 **food components** at lunch and supper:
   - Milk*
   - Vegetables
   - Fruits
   - Grains
   - Meat and meat alternates
2. Offer at least one **food item** from each component.
3. Ask the child or adult to choose **food items** from **3 or more food components.**



Note: The 4th food item can be selected as well.

Note: The child or adult can select food from all 5 components. Foods from **at least 3 components** are needed for a reimbursable meal.

***For Adult Participants Only:** Milk is optional at supper. If milk is not offered, the adult still needs to select food items from 3 different food components to have a reimbursable meal.

Tips About Food Items

– All food items offered at breakfast, lunch, and supper must be different food items. For example, while apple slices and applesauce are two forms of apples, they are considered the same food item. Likewise, oranges and orange juice are the same food item.

– The full minimum serving size of a food item must be taken in order for it to count towards a reimbursable meal.

Try It Out!

Use the information on this worksheet to answer the questions below.

1. Your adult day care center uses OVS at breakfast and offers low-fat (1%) milk, apple slices, oatmeal, and bananas. Karen is a participant who chooses milk, oatmeal, and apple slices, and took the full minimum serving size of each item. Is Karen's breakfast reimbursable? Why or why not?

2. Your at-risk afterschool site uses OVS at supper and offers non-fat (skim) milk, roasted turkey, roasted broccoli, steamed carrots, fruit salad, and whole-wheat rolls. David is a participant who chooses the turkey, broccoli, and carrots, and took the full minimum serving size of each item. Is this supper reimbursable? Why or why not?

3. Your at-risk afterschool site uses OVS at supper, and offers tuna salad, sliced tomatoes, peaches, pita bread, and low-fat (1%) milk. Your participant Anna would like all the food offered, but only wants half of the minimum serving size of each food. Would this supper be reimbursable? Why or why not?

Answer Key:

1. Yes, Karen's breakfast is reimbursable. For OVS at breakfast, the operator is required to offer at least 4 food items that include: 1 item from the milk component (low-fat (1%) milk), 1 item from the vegetable/fruits component (apple slices), 1 item from the grains component (oatmeal), and 1 additional food item from grains, meat/meat alternates, or vegetables/fruit component (bananas). To make a reimbursable breakfast, a participant must choose 3 or more of the items offered, and must take at least the full minimum serving size of each item. Because Karen chose 3 of the items offered (milk, oatmeal, and apple slices), and took the full minimum serving size of each item, this breakfast is reimbursable.

2. No, David's supper is not reimbursable. For OVS at supper for at-risk afterschool sites, the operator is required to offer at least 1 food item from the following 5 components: milk (non-fat (skim) milk), meat and meat alternates (roasted turkey), vegetables (roasted broccoli and steamed carrots), fruits (fruit salad), and grains (whole-wheat rolls). In all cases, the participant must choose food items from at least 3 different components in order to make a reimbursable supper, and must take at least the minimum serving size of each. Because the roasted broccoli and the steamed carrots are both in the vegetables component, David's supper only has 2 components (meat/meat alternates and vegetables) and needs food from another component to make up a reimbursable supper. He should add the minimum serving size of fruit salad, whole-wheat rolls, and/or milk, to make a reimbursable supper.

3. If Anna takes only half of the minimum serving size of each food offered, her supper would not be reimbursable. The full minimum serving size of items from at least three different components must be taken in order to make up a reimbursable supper.

FNS-659 February 2018